



**Fit WIC Missouri
LAP Training FFY 2015**

Local WIC Providers are essential in the campaign to prevent and decrease obesity, overweight, and at-risk of overweight in children. Through participation in Fit WIC Missouri, a program to improve nutrition and physical activity behaviors of WIC participants, all LWPs have the opportunity to respond to a USDA priority area. Fit WIC Missouri provides a framework for planning local interventions to address overweight in children.

Suggested Fit WIC Missouri LAP Objectives

Fit WIC Missouri objectives will focus on two risk factors, 113 and 114.

- For each LWP whose 2014 rates of obese children (113) and overweight or at-risk of overweight children (114) are **above the state average**, it is strongly recommended that you include an objective to **decrease overweight in children** in your FY2015 LAP.
- If LWP 2014 rates of obese children (113) and overweight or at-risk of overweight children (114) are **equal to or lower than the state average**, it is strongly recommended that you include a goal addressing **prevention of childhood overweight** in your FY2015 LAP.

The following objectives are suggested. Include LWP specific information in <bracketed> areas.

Goal: Improve health outcomes of Missouri WIC participants.

Decrease Overweight	Prevent Overweight
<p>RF 113 Objective: Decrease the percent of children, 2-5 years old, who are obese (BMI-for-age $\geq 95^{\text{th}}$ percentile) from < % > in 2014 (Needs Assessment – 113) to <5% by 2015 (expected rate from CDC’s PedNSS) in children participating in WIC.</p>	<p>RF 113 Objective: Maintain the percent of children, 2-5 years old, who are obese (BMI-for-age $\geq 95^{\text{th}}$ percentile) at or below the current rate of < % > in 2014 (Needs Assessment – 113) through 2015 in children participating in WIC.</p>
<p>RF 114 Objective: Decrease the percent of children, 2-5 years old, who are overweight or at-risk of overweight (BMI-for-age $\geq 85^{\text{th}}$ percentile to <95th percentile) from < % > in 2014 (Needs Assessment – 114) to <10% in 2015 (expected rate from CDC’s PedNSS) in children participating in WIC.</p>	<p>RF 114 Objective: Maintain the percent of children, 2-5 years old, who are overweight or at-risk of overweight (BMI-for-age $\geq 85^{\text{th}}$ percentile to <95th percentile) at or below the current rate of < % > in 2014 (Needs Assessment – 113) through 2015 in children participating in WIC.</p>

Suggested Strategies are:

1. <LWP> will participate in Fit WIC Missouri, a program to prevent overweight in children.
2. <LWP> will involve < at least 50% > of this agency's WIC participants aged 2-5 years in Fit WIC Missouri activities.
3. Document individual nutrition/physical activity goal(s) for each participant in MOWINS general or SOAP notes. Using critical thinking and motivational interviewing, encourage participants to select a Fit WIC MO goal or other appropriate goal. This is not in addition to the nutrition/health goal. This goal may be used as the participant's nutrition/health goal.
4. Provide group or individual nutrition education each quarter that combines a nutrition message and a physical activity message. Target the education to families or children.
5. Participate in an activity that supports WIC staff in making decisions that will prevent overweight.
6. Participate in a community activity to prevent childhood overweight.